

National Diabetes Education Program

Two Cheese

PIZZA

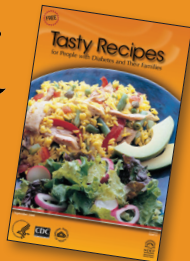


***It's more than food. It's Life.
Más que comida, es vida.***

Would you like to enjoy other tasty recipes? The NDEP's recipe booklet, *Tasty Recipes for People with Diabetes and Their Families* (*Ricas recetas para personas con diabetes y sus familiares*), has recipes specifically designed for the Latin American palate.



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NDEP-124

Two Cheese PIZZA

Serve your pizza with fresh fruit and a mixed green salad garnished with red beans to balance your meal.

Total servings: 4.

Ingredients:

2 Tbsp. whole wheat flour
1 can (10 ounces) refrigerated pizza crust
Vegetable cooking spray
2 Tbsp. olive oil
½ cup low-fat ricotta cheese
½ tsp. dried basil
1 small onion, minced
2 cloves garlic, minced
¼ tsp. salt (optional)
4 ounces shredded part-skim

mozzarella cheese

2 cups mushrooms, chopped
1 large red pepper, cut into strips

Directions:

- Preheat oven to 425 °F.
- Spread whole wheat flour over working surface. Roll out dough with rolling pin to desired crust thickness.
- Coat cookie sheet with vegetable cooking spray. Transfer pizza crust to cookie sheet. Brush olive oil over crust.

- Mix low-fat ricotta cheese with dried basil, onion, garlic, and salt. Spread this mixture over crust.
- Sprinkle crust with part-skim mozzarella cheese. Top cheese with mushrooms and red pepper.
- Bake at 425 °F for 13–15 minutes or until cheese melts and crust is deep golden brown.
- Cut into 8 slices.

Exchanges:		Nutrition facts: Two Cheese Pizza		Amount per serving	
Meat 2 1/2	Vegetable 1	Serving Size.....2 pieces (¼ of the pizza)		Calories.....420	Calories from fat.....170
Bread3	Fat 3 3/4	% Daily Value (DV)*	Sodium 580mg.....24%	Vitamin A.....30%	
Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.		Total Fat 19g.....29%	Total Carbohydrate 44g.....15%	Vitamin C.....90%	
		Saturated Fat 7g.....35%	Dietary Fiber 3g.....12%	Calcium.....40%	
		Trans Fat 0g	Sugars 5g	Iron.....15%	
		Cholesterol 25mg.....8%	Protein 20g	*Percent Daily Values are based on a 2,000 calorie diet.	

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at www.cdc.gov/diabetes/ndep, or call 1-888-693-NDEP.